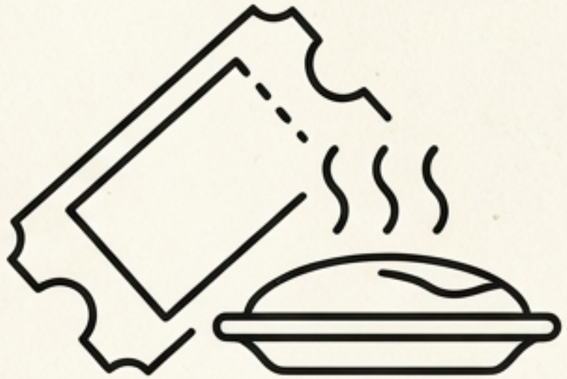
ADMIT ONE

THE HMK KAHUNA FRITTATA EXPERIENCE



TOTAL TIME: 50 MINS **SERVINGS:** 6 GUESTS **YIELD:** ONE (9-INCH) PERFORMANCE

NO. 001-8295-HMK

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EVENT DETAILS

TIMELINE

PREP: **15** MINS

COOK: **35** MINS

TOTAL RUNTIME: **50** MINS

VENUE

DOORS OPEN:

350°F / 175°C

EQUIPMENT:
9-INCH
PIE PAN

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THE LINEUP

A comprehensive list of the cast and characters required for today’s performance.

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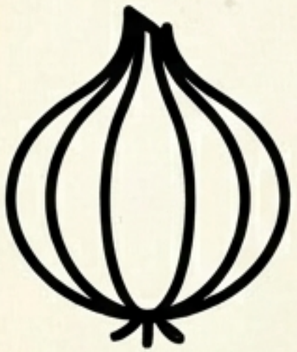
THE LINEUP: PRODUCE



ROW 01: 1 Medium Onion, chopped

ROW 02: 5-6 Cups (9 Ounces) Fresh Spinach

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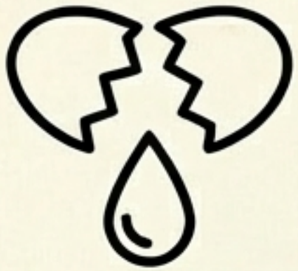
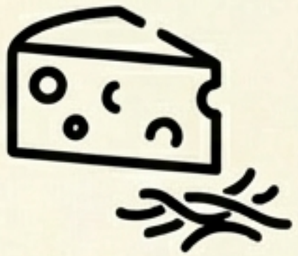
THE LINEUP: DAIRY & PROTEIN



ROW 03: 7 Large Eggs, beaten



ROW 04: 1.5 Cups Shredded Muenster Cheese

ROW 05: 1 Cup Plain or Greek Yogurt

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THE LINEUP: PANTRY STAPLES

BIN 1A: 1 tablespoon Olive Oil

BIN 1B: ¼ teaspoon Salt

BIN 1C: ⅛ teaspoon Ground Black Pepper

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THE PROGRAM

Follow the show’s progression from overture to finale.
The performance is divided into seven distinct acts.

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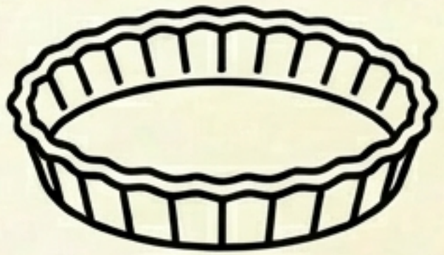
ACT I: PREPARATION

Step 1: Gather the ingredients. Preheat oven to **350°F** (175°C).



Step 2: Lightly grease a 9-inch pie pan.

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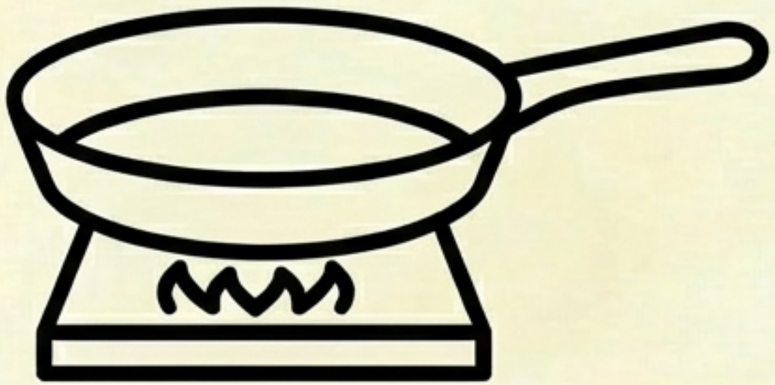
ACT II: THE SAUTÉ



Step 1: Heat 1 tbsp oil in a large skillet over medium-high heat.

Step 2: Add onions + garlic and cook, stirring occasionally, until soft (approx. **3 minutes**).

Step 3: Stir in spinach and cook until excess moisture has evaporated.

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ACT III: THE FOUNDATION

Whisk together eggs, yogurt, salt, and pepper in a large bowl.

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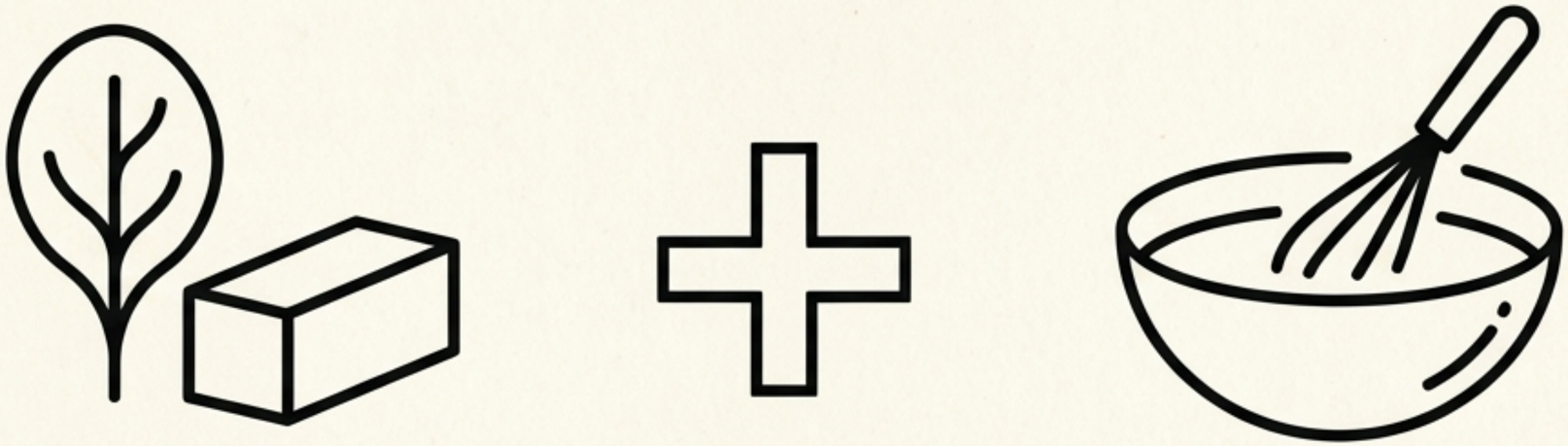
ACT IV: THE ENSEMBLE



Add the shredded cheese and the cooked spinach mixture to the egg base.

Stir until well blended.

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ACT V: THE MAIN EVENT

Step 1: Pour the mixture into the prepared 9-inch pan.

Step 2: Bake in the preheated oven at **350°F** until the eggs have set.

RUNTIME: about **30 minutes**.

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ACT VI: THE INTERMISSION

Remove from the oven.
Let cool for 10 minutes before serving.

Note: This step is essential for the eggs to set completely.

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ACT VII: CURTAIN CALL

Serve hot and enjoy!

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HMK KAHUNA FRITTATA

VENUE: 350°F OVEN	RUNTIME: 50 MINS
YIELD: 1 (9-INCH) QUICHE	
SERVINGS: 6	

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